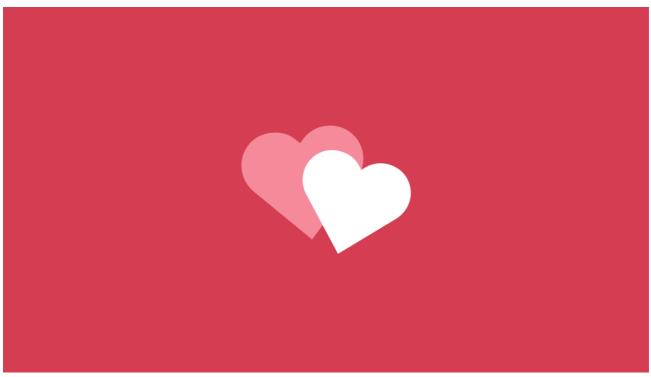
## 14 Relationship tips

Follow these tips and start developing good habits for a strong and healthy partnership!



## EVERDAY Say "I love you", hug and kiss EVERYDAY ADVENTURE Keep the adventure going - do something different. travel somewhere different SPEND TIME TOGETHER Make sure to spend enough time together and be present. (Being close doesn't mean being present and that means not sitting next to each other while using your tablets, phones or computers) COMMUNICATE Be clear. Don't assume anything. Communication also needs to Stay open and exclusive between you and your spouse when it comes to your marital affairs.

Put aside pride and ego - super hard. The winner Of the argument is usually the loser. Ask for forgiveness. don't say sorry.

Don't go tit for tat. Learn to let it go.

HEALTHY LIFESTYLE
Live a healthy lifestyle. Stay in shape for yourselves and for each Other
SURROUNDINGS
Surround yourself with friends that are in healthy and happy relationships. In a study headed by Rose McDermott at the Brown University. it claims divorce can be contagious.
MAKE COMPROMISES
Be ready to make compromises by paying attention to each Other's needs sex, appreciation. attention. etc.
HELP
Help each Other around the house
ENCOURAGE, PRAISE, COMPLIMENT
Encourage, praise and compliment each other sincerely. Feeling appreciated feels great and is way more effective than learning a lesson through verbal abuse.
DON'T CHANGE YOUR SPOUSE
DO not try to change your spouse. Change how you love them and how you react to them.
CHECK YOURSELF
Before pointing the finger, check yourself, See What you can do first and then find a non-aggressive way to ask for something.
READ THIS BOOK
Read the book "how to make friends and influence others" by Dale Carnegie
EXCLUSIVITY
Let no one get involved in your marital affairs which include in- laws, parents Makes and Share Free Checklists